

# Community Garden News

## City of Loma Linda

July 2004

OFFERING COMMUNITY GARDENERS: IDEAS ...INSPIRATION ...HEALTHFUL TIPS AND RESOURCES ...HEALTHY RECIPES

### Reminder...

#### Vegetable Exchange Days

- Saturday  
July 10<sup>th</sup>
- Sunday  
July 11<sup>th</sup>
- Saturday  
July 24<sup>th</sup>
- Sunday  
July 25<sup>th</sup>

Baskets will be  
set out on the  
picnic table.

Garden hours are  
dawn 'til dusk



### July is National Picnic Month!

Don't worry about the ants; grab a blanket or a couple of chairs, a ball for a game of catch, a picnic basket full of healthy treats, your sunscreen, and some bug spray, and head out to a local park, beach, or even your own backyard for a good, old-fashioned picnic, because July is National Picnic Month!



### Fresh Snack Ideas in July

#### Sweet Corn

- Cholesterol free, sodium free, and a good source of fiber.
- Fully ripe ears will have bright green, moist husks with stiff, dark and moist silks.
- Add to a mixed vegetable medley for a 4th of July potluck.

#### Blueberries

- Blueberries are packed with vitamin C and fiber, while being fat-free and low in calories.
- The best blueberries, look plump, juicy berries with a deep purple color.
- Mix with frozen yogurt for a sweet treat.

#### Cantaloupe

- 1/4 of a cantaloupe satisfies your daily need for vitamins A & C.
- A ripe melon will slightly yield to the touch and has a distinctive sweet smell. Avoid fruit that is shriveled, bruised or has punctured or cracked skin.
- Cut into cubes and add to a fruit salad.

#### Watermelon

- A good summer snack since it is made up of about 90% water.
- When choosing watermelons, look for fruit that's free of blemishes and heavy for its size. To test for optimal ripeness is by thumping the melon gently with your hand. The sound should be high pitched, not flat or hollow
- Insert freezer pop sticks into large chunks of watermelon and freeze for a cool treat on a hot day.



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California Healthy Cities  
and Communities

## No-Panic Picnic

**Ice chest** should include only those items that must be kept cold and should be stored in the car, not in the trunk.

**Water bottles** can be prepared in advance as well. Fill the bottle half-way with water and place it on its side in the freezer. Add fresh water to the frozen water just before packing it in the cooler.

**Creamy-based foods** should be avoided such as potato salad and cole slaw. Use oil-based versions instead.

**When packing salads**, pack greens and toppings separately. The same goes for sandwich toppings. Pour an oil-based dressing in a spray bottle for convenience.

**Bring separate condiment packets** from drive-thru restaurants are good because they include a preservative.

**To insulate items in ice chest** cover with leftover newspaper.

**Over-pack** when it comes to food for a picnic. Outdoor activities tend to be more physical and people often eat more than they usually would.

**To keep ants from ruining a picnic**, draw chalk circles around plates on the picnic table. Use talcum powder if the picnic is to take place on a blanket. Ants won't cross either because of the smell and texture.

## 4th of July Fruit Salad

None of the watermelon goes to waste with this decorative salad. The rind becomes a basket full of melon stars and sweet grapes.

- 1 medium-size watermelon
- 1 cantaloupe
- 1 honeydew melon
- 2 lbs. seedless green or red grapes

To make the watermelon basket, first wash the outer rind with cool water.

Then, use a sharp knife to slice off one end of the melon, removing about a quarter of it. With a large serving spoon, scoop out the flesh and reserve for later. Decorate the rind bowl by using the tip of a vegetable peeler or lemon zester to inscribe a star pattern on its outer surface.

Next, cut the cantaloupe in halves and spoon the seeds from the center of each. Use a melon baller to remove the cantaloupe flesh from one of the halves. Use the second half to make melon stars. Set this half on its side and cut it into 1-inch slices. Lay the slices on a cutting board and use a star-shaped cookie cutter to cut out the melon. Repeat the entire process with the honeydew melon. Remove the seeds from the scooped out watermelon and cut additional stars out of it. Wash the grapes and remove them from their stems.

Fill the watermelon basket with the melon balls, stars and grapes. Use any leftover melon and grapes and bamboo skewers to create festive fruit kabobs. Serves 10 to 12.

